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Bangalore Mirror

TEMP Max 27 | Min 12 | Humidity 40% Clear with periodic clouds Sensex 60,747 | Nifty 18,101 | Gold 56,067 | Silver 69,310 | Dollar 82.30 | Euro 88.27 | GBP 100.17

Residents, activists question BBMP plan to splurge Rs 30 lakh on street name boards fixed just 2 years ago

BOARD GAMES

Tender for providing/fixing street name boards in Ejipura

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike's (BBMP) fiscal responsibility assumes focus once again with a tender notification for installing street name boards.

The Palike has floated a short term tender inviting bidders for providing and fixing street name boards in Ejipura ward at an estimated cost of Rs 30 lakh.

Many residents and social activists were amused when told about the BBMP's plan to spend Rs 30 lakh for providing and fixing the street name boards. They said new name boards were fixed just two years ago and all are in good condition.

"It is another scam involving the BBMP executive engineer of BTM division. What's the reason behind the BBMP's decision to replace the existing street name boards that are in a

CONTINUED ON PAGE 6 »

BRUHAT BENGALURU MAHANAGARA PALIKE
SHORT TERM TENDER NOTIFICATION
Name of the Work | Approx. Value of work (Rs. in Lakhs) | EMD (in Rs.)
Category SC
1. Providing and fixing of Street Name Boards in Ward No. 185, Ejipura. | 30.00 | 30,000
2. Maintenance of Burial Ground in Ward No. 185, Koramangala. | 13.00 | 12,500
3. Supplying of Essential Materials for Ward No. 185, Koramangala. | 10.00 | 12,500
4. Improvements to drains and Footpath on Old road on Nandanavana Park to ward No. 193 Pallya. | 35.00 | 35,000
Category ST
5. Maintenance of Footpath and other improvement works in Ward No. 185, Koramangala. | 30.00 | 30,000
6. Construction and Improvements to drains, culverts in Ward No. 194, Koramangala. | 30.00 | 30,000
7. Improvements to drains & culverts at K H

> **"With change of ward number from 148 to 185, stickers have to be pasted on all existing street name boards..."**
> — BBMP engineer

Beat Roots

'Contractor hired by civic body threatened us after we raised the issue', complain residents

| Garima Prasher
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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike's white-topping work at Gandhi Bazaar Main Road has impacted around twelve heritage trees on the stretch. Thanks to the careless attitude of BBMP contractor, the green canopy of fully-grown avenue trees in the area has now turned brown, with the leaves falling incessantly.

This has left many residents and traders in the area fuming. According to local residents, tree activists and ecologists, the workers executing the project have damaged the roots of these trees leading to a dire situation.

"BBMP's white-topping work has been going on for the last six months; currently the civic body is laying pipes for stormwater drains. Around two days ago, we noticed that the roots of the trees had been severely damaged. Not only were they exposed but were also cut at multiple points. This was followed by the leaves of many trees on either side of the stretch turning brown,"

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Get creative

National Gallery of Modern Art Bengaluru presents a landscape painting workshop in conjunction with the ongoing exhibition Reflections: Man and Nature in the paintings of Bireswar Sen (1897 - 1974) on Sunday.
Where: National Gallery of Modern Art
When: Jan 15, 12pm - 3pm
Register: https://docs.google.com/forms/d/1ejMM6aeHS_iJIHcbJO4kT5GHkMo3w5fCH0sYY27hKek/viewform?edit_requested=true

02 Whodunnit, anyone?

Ventures Theatre is coming back with its popular play 'The Note' this Friday. A production inspired by a Somerset Maugham play, The Note, is an out-and-out thriller presented by 8 characters trying to answer one question…. is the murderer guilty?
Where: Bangalore International Centre
When: Jan 13
Tickets: Bookmyshow.com

03 Dance it out!

They say dance is like a hidden language of the soul, so what better way to stay fit this year? The LVDS is commencing its Performance Batch to prep for their 'Summer Splash' event at the Grand Magrath. From Salsa, Bachata, Freestyle Jive, Swing, Latin ballroom dance to Contemporary, Hip-hop, Bollywood, you have a wide choice of dance forms to select from.
Where: LVDS, Millers Tank, Vasanth Nagar
When: Ongoing
Register: bookmyshow.com
Contact: 9845239123

When gyms made the most of NY resolutions

Fitness centres across Bengaluru have started to roll out attractive offers and packages for those signing up in January to attract more members

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For most gyms and yoga studios in the city, December and January are the two months when they get maximum number of people signing up to be a member.

Now, to utilise this trend better, such fitness centres have started to roll out attractive offers to attract more clients in the new year.

The businesses say that January is the most profitable month for them every year and a lot of people take memberships during this time.

"Every year, people join in the month of January so this year we decided to put up membership discounts and offers for the people joining in the last week of December and the month of January. For example, our monthly membership fee is Rs 5,000 but we are giving a three-month membership for Rs 8,000-10,000 only for the people joining in January," said Yogita, manager of a Yoga Studio in JP Nagar.

> **"Many join a gym in January to start the new year on a good note; we're trying to motivate them**
>
> –a gym owner, Sadashivanagar

"Many people who take up a one-month membership end up discontinuing after a month for several reasons. So, if we give out memberships for a longer time frame, it motivates people to continue. After three months, they become used to the exercises and lifestyle and want to continue on their own," she explained further. Fitness centres in the city say that they see a rush at the beginning of the year which fades out after a few months usually.

"After the holiday season, people usually take up exercise at home or join gymnasiums to start the new year on a good note. It is very common and we see a huge number of people enrolling during the month of January. Not just that, many pre-existing members have started to come more regularly this week and the gym is more packed in a sense. To continue that, we are giving offers for our newcomers as well as for the old members. This can motivate them and will keep our business more active in the long run," said the owner of a gym in Shadashivanagar.

Many people in Bengaluru have been enrolling in these fitness centres owing to the cheaper packages.

"I joined this yoga studio in the last week of December. There was a discount for one month and I thought it would be a good opportunity for me to enrol and keep the practice for months forward. I think many people like me join fitness centres and gymnasiums because of new year's resolutions. It is a good time to start something new and I am hoping that I would become used to it in a few months and continue it for the rest of the year as well," said Vinaya K, 23, a resident of JP Nagar.

No more power wars, promises BESCOM

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In response to industrialists complaining about frequent power cuts to the Bangalore Electricity Supply Company (BESCOM), the body has said they will improve and upgrade the distribution network in eight industrial areas.

BESCOM said they will strengthen, improve, and upgrade the distribution network to reduce interruptions in Bengaluru rural areas and Chitradurga area zone.

Addressing such complaints, BESCOM has invited tenders to improve quality and reliability of power supply. "Eight industrial areas: Pillagumpa, Doddaballapura, Bommasandra, Jigani, Attibele, Antharasanahalli, Vasanthanarasapura and Hirehalli will be given better power supply. The work involved in these tenders are drawing of 11 kV feeders, link lines wherever required, strengthening of existing 11kV/LT lines like releasing and restringing of existing conductor, providing intermediate poles wherever necessary and providing of compact Ring Main Units (RMU) and transformers wherever required," said Mahantesh Bilagi, BESCOM Managing Director.

The issues will be addressed in B'luru rural and Chitradurga zones

There are many feeders emanating from single Master Unit Sub Stations (MUSS) in rural areas through overhead lines for the industrial area users, as a result of which, many 11kV overhead lines pass through the same pole or corridor, creating problems.

In order to repair the fault of a single feeder, the section officer has to avail a line clear of multiple feeders resulting in a greater number of power interruptions with long durations which affects all the consumers connected to the feeders. Due to this, many consumers, local representatives of organisations and industrial consumers have expressed their unhappiness regarding the interruptions.

The MPs and MLAs concerned have raised the issues of power supply problem in KDP meetings and demanded that authorities provide uninterrupted power supply to the consumers as per standard operating procedures.

A senior BESCOM official added that as many of the industries are in rural areas, they are connected with rural feeders which are old systems. This results in interrupted power supply. Once the bidders are finalised, the work will begin. This will help the industries at large and there will be uninterrupted power supply.

WHAT'S DRAINING OUR CITY OF ITS ENERGY?

'Money, muscle power' knock out demolition squad

Citizens approach Lokayukta; letter sent to BBMP official asking for compliance report on clearing encroachment on SWD

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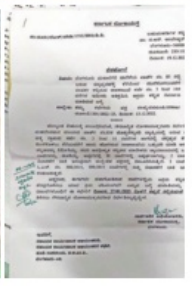
It has become an annual affair for the Bruhat Bengaluru Mahanagara Palike (BBMP) and state revenue authorities to scurry and do the great demolition drama each time monsoon spills the city's dark encroachments out. Fed up of this apathy, citizens were compelled to approach the Karnataka Lokayukta seeking a direction to the revenue authorities and the BBMP engineers to clear the encroachments of storm water drains.

A case in point is that of the BBMP Hudi Sub-Division assistant executive engineer. The EE has been avoiding the task of clearing encroachments at Chinnappanahalli. The Karnataka Lokayukta wrote a letter on December 19, 2022, to the assistant executive engineer to submit a compliance report on clearing the encroachments by January 27.

"You have stated that buildings were constructed illegally on the storm water drain (Survey No. 3 to 14). You have also stated that 12 petitions were filed in the court and 10 of them were disposed of by the court and two of the petitions are pending in the court. The two petitions (OS No. 598/2015, 599/2015) are pending in the court for the enquiry of witnesses. You are directed to submit a compliance report on the action taken to clear the encroachments pertaining to the 10 petitions that are disposed of," said the Public Relations Officer on behalf of Karnataka Lokayukta.

This correspondent visited a few locations of the storm water drain to do a recce. What we found was that a stretch of the drain is closed and it is diverted to another location and a portion of the drain is not only narrowed down, but also used to grow plantain plants.



Clockwise from top: A stretch of the storm water drain where a plantain grove has been set up; The Karnataka Lokayukta letter to the BBMP Assistant Executive Engineer and an encroachment on the drain

Mahesh Reddy, a resident of Chinnappanahalli, told BM, the BBMP is turning a blind eye towards the encroachments. "The BBMP officials visit the spot and go without doing anything to clear the encroachments on storm water drains. Money power is ruling the roost here. The authorities must clear the encroachments without any fear or favour," he said. A resident, speaking on the condition of anonymity, said property owners who have encroached on the storm water drain have muscle and money power. "They abuse those who dare to complain to the BBMP about the encroachment. They even try to manhandle the whistle blowers," he said.

BBMP executive engineer (storm water drains) said she would take measures to clear the encroachments on drains in and around Chinnappanahalli. "We have to clear the encroachments to make storm water drains to carry rain water to the nearest water body without any hassles," she said.

Another date: Jan 16 is when all will be clear

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The Bruhat Bengaluru Mahanagara Palike (BBMP) has said that removal of encroachment on rajakaluves will be taken up from January 16. A meeting was held recently to discuss the issue.

BBMP Chief Commissioner Tushar Giri Nath said, "So far, we have got clearance from Tahsildars in 28 cases and encroachments have been cleared at 12 places and we are yet to take action at 16 places. Of these, five are in Mahadevapura and one in Bommanahalli. There are both buildings and vacant lots on the SWDs. The ownership of rajakaluve and lakes are with the revenue department and no one can tamper with them..."

Meanwhile, the encroachments in Bengaluru reverberated even at the Centre. Hassan MP Prajwal Revanna wanted to know the reasons for the urban floods in Bengaluru last year. During a Lok Sabha reply, Jal Shakti Minister Prahlad Singh Patel said, "BBMP has informed us that the combinations of factors like excessive rainfall in past few years, rapid urbanisation, encroachments had resulted in urban flooding of Bengaluru. Besides, the demand for providing basic infrastructure like, urban transport, roads, layout formation, SEZ, IT Parks has increased considerably resulting in depletion of ground water and causing flooding.

Around 859.90 km length of primary and secondary drains serves the BBMP area for storm water drainage," the Minister said.

Quoting the study-Inventorization of Water Bodies in Bengaluru Metropolitan Area, the Minister said that the 1,521 water bodies in Bengaluru Metropolitan Area were categorised under three categories based on area: Kere/Lake (those with area more than three acre); Katte/Gokatte (between one to three acres) and Kunte (less than one acre).

"According to the report, over the years, 102 of 497 Keres, 115 of 200 Gokattes, and 620 of 824 Kuntes, have fallen to disuse due to low water inflows and siltation..."

According to him encroachments will be removed soon and relevant surveys are being conducted by Assistant Director of Land Records and demolition orders are issued by the Tahsildar.

> **"Ownership of rajakaluve and lakes are with the revenue dept and no one can tamper with them**

On the latest National Green Tribunal (NGT) orders regarding safe or minimum distance from storm water drain or rajakaluve for residential activity, the Minister said, "NGT had issued an order regarding safe or minimum distance from storm water drain or rajakaluve for residential activity. However, later this order was overturned by the Supreme Court. Hence, BBMP has informed that the safe or minimum distance (buffer zone) from storm water drain or rajakaluve is being adhered to as per the Revised Master Plan – 2015..."

Man runs over, crushes dog 'trying to get out of the way'

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A stray dog was run over by a car in Jnanabharathi police station limits.

The incident took place near Sapthagiri Residency in Mutharayana Nagar on Saturday around 11 am.

According to the police, the CCTV footage shows that the accused, who was in a white car, intentionally ran over the dog. The dog died on the spot and later the locals lodged a complaint at the police station.

"As can be seen in the video, the dog gets up from the road and moves to the side as it becomes aware of the car coming. But as soon as the accused saw the dog trying to get up, he increased the speed of the car and ran over it. The dog got tangled in the wheel of the car and died," said the police. The police are on a search for the accused after getting his vehicle number from the CCTV footage.

Temple trustee arrested

Police have arrested a temple trustee for allegedly beating a female devotee. Munikrishna, a "dharamdarshi" of the Lakshmi Narasimha Swamy temple at Amruthahalli has been accused of assaulting Hemavathi on the temple grounds. Police report says that the incident happened on December 21.

The incident came to light on January 5, when the victim lodged a police complaint.

In response to the complaint, Munikrishna was detained by the police and charged with violating the Indian Penal Code's relevant sections, including those pertaining to assault and insulting women's modesty.

The incident also garnered attention on social media after the CCTV footage of the temple went viral.

In the CCTV footage it was seen that Munikrishna urged Hemavathi to leave the temple while continuing to beat her there. A priest attempted to stop him at one point when he was spotted pulling up a cane to beat her.

Bakery manager attacked

The manager of a popular cake shop in Indiranagar was attacked for questioning some men for the parking in front of the shop.

A complaint has been registered at Jeevan Bima Nagar police station regarding the incident.

There is a bar above the bakery Smoor. Around five or six people who had come to drink at the bar parked their car in front of the cake shop. Shailesh, the manager, questioned them about parking in front of the shop. Enraged by this, the gang attacked Shailesh.

The incident took place on Sunday night and the attack was captured on CCTV. Shailesh sustained injuries on his lip and tooth and is undergoing treatment at a private hospital.

Lake rejuvenation: Too much uncertainty

Plan to revive Subbaraya Lake was approved one year ago, activists point out loopholes

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BBMP has put up two inlets with diversion channels at Subbaraya Lake, which should have been averted, says environmentalist

The rejuvenation work of Subbaraya Lake in south Bengaluru by Bruhat Bengaluru Mahanagara Palike's (BBMP) lake department has received flak from lake activists and environmentalists. According to the activists, the detailed project report (DPR) prepared for the development work of the water body is ill-conceived and the ongoing work already shows many loopholes.

The rejuvenation plan for the lake was approved almost a year ago and work is in progress. However, activists say that ad hoc arrangements and absurd measures being taken up in the process will end up damaging the water body.

"Identifying the streams joining the lake and channeling them should have been an important aspect of the lake rejuvenation work and should have been conceived during DPR formation," said Raghavendra B Pachhapur, a lake activist.

"With ad hoc arrangements like placing pipes on the bunds in two places after a portion of the bund got caved off and no other visible works on structures to channel the streams, Subbaraya lake rejuvenation is ill-conceived by BBMP," he added.

This is a small water body, which was in dire need of revival due to high levels of pollution leading to water contamination, he further added.

Experts point out that while two storm water inlets with diversion channels have been created in the water body. This step will only allow more sewage to enter the lake and deteriorate it further. The lack of a scientific rainwater harvesting structure is yet another issue that has been raised by the lake activists.

A city-based environmentalist told Bangalore Mirror that in the past, many lakes in Bengaluru have experienced blocked diversion channels paving way for sewage to enter the water bodies.

> **"This is not a scientific approach to lake rejuvenation. BBMP should try to preserve natural habitats as part of the process. Also the lake hasn't been fenced up properly** –a resident

"They have put up two inlets with diversion channels at Subbaraya Lake, which should have been averted. Efforts should have been put to harness pristine rainwater which in turn could have improved lake water quality and boosted biodiversity," they added.

Experts also pointed out that while the process of lake revival should be done with ecology in mind, no such measures are being taken at Subbaraya Lake. Locals allege that a major portion of a natural rock placed in the lake, which was serving as a mini-Island and perch point for the birds has now been removed.

"This is not a scientific approach to lake rejuvenation. BBMP should preserve natural habitats as part of the process. Moreover, the water body has not been fenced properly as well, leaving the chance of encroachment and littering," said a resident of the area.

While the issues have been raised to the officials concerned, no action has been taken yet to rectify them, they added.

Not another brick in the wall here

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The residents of Patel Layout and Venugopal Layout are facing inconveniences in commuting after a wall was constructed between both the layouts. According to the residents, they have to take other routes, which increases their travel time.

The residents of Venugopal Layout say that with the help of authorities, they were able to break the wall in the month of August last year. However, the wall was constructed again making it difficult for them.

A resident of the area told Bangalore Mirror that the wall has been there for a long time. For two years the residents have been fighting against it, trying to get it removed, still they have not been able to do anything.

The wall is a hindrance between the adjacent layouts

"It was built illegally. However, after fighting a lot, we were able to get it demolished with the help of the authorities. We thought that our problems were over but after some days we saw that the wall was constructed again," he said. The residents of the area have to take longer routes to go to the adjacent layout.

> **"My father would go for walks every day in the evening. But after the wall was built, he stopped going for walks as the road was not accessible anymore**
> –Praveen J, a resident

"This wall is a hindrance between the two layouts. It blocks access to the road that people use for commuting. Now, just to use the other road we have to travel almost one kilometre, which ends up taking a lot of time," said Ramesh K, another resident.

According to Manoj Jha, another resident, he has noticed a lot of times that women and children have to jump over the compound of a house that is right next to the wall to come to the other side of the road. They do so because they do not want to travel the unnecessary distance to come to the adjacent road.

"It is very sad to see that, and it is risky as people can get injured doing that," he said. The wall has caused more inconveniences to senior citizens in the area.

"My father would go for walks every day in the evening. But after the wall was constructed, he stopped going for walks because the road was not accessible anymore. The other roads were not smooth and would cause him leg pain," said Praveen J, another resident.

A Bruhat Bengaluru Mahanagara Palike (BBMP) official told BM that they will look into the matter and try to come up with a solution.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Traffic violation
Banashankari

Two-wheelers riders ride on the footpath adjacent to Kamakya Theatre, Banashankari 3rd Stage. Traffic police turn a blind eye as if, it isn't a serious traffic rule violation.

Wrong flex
Victoria Layout

Flex boards put up across Palmgrove Road in Victoria Layout are causing inconvenience to the citizens. BBMP should take necessary action to remove the same.

Rough path
Walton Road

Pavements near Third Wave Coffee on Walton Road are unwalkable. They are uneven and are left with gaps.

What's brewing at Indian Coffee House?

Just a brand new look and feel for the iconic favourite of city's coffee lovers

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KAUSHIK JN

Longer tables have been ditched to make space for more customers in the all-new Indian Coffee House

The grand Indian Coffee House, that was set up in 1972, has been given a complete makeover. With extra chairs for seating indoors, garden area for outdoor seating and well-done interiors, the cafe located on the Coffee Board premises on Ambedkar Road, is completely new. For coffee lovers, this is a joy as their favourite iconic hang-out spot is new, with its 50-year-old legacy alive.

The Indian Coffee House has been under renovation for the past six months. A total of Rs 22 lakh is said to have been spent to do the decor and interiors of the cafe. Earlier, there was no outdoor seating, but now a garden area has been created. Gone are the long tables, but the compact tables and the chairs that were used earlier have been retained. One table can accommodate four people. The seating capacity which used to be 56 is now 80.

The Indian Coffee House has also provided opportunity to Mitti Café, a chain run by the staff of specially abled personnel, an incubate of Atal Incubation Centre. The Coffee Board will also use this facility as a training centre for those interested in starting a coffee business from tier II cities.

The menu of the coffee house remains the same. However, some additional food items like kesari bath, rice sambar and pickle and poori with sagu have been added. The prices have not spiked drastically.

KG Jagadeesha, IAS, CEO and Secretary, Coffee Board, Government of India, said, "This renovation is the first step in our long-term plan to promote coffee across the state. The outer corridor has been modified to accommodate 20 more chairs. Coffee Board, as a tradition, supplies only pure filter coffee, and the new menu has been curated by Mitti café who will introduce a specialty segment of coffee. There has been a very marginal increase in the price of some menu items."

He said they would soon introduce a course in professional barista training for youngsters who have completed their plus two or 12 standard and want to set up their own coffee shop. "We are also exploring introducing a franchisee model for entrepreneurs in Tier II cities, where they will be trained here in Bengaluru and we will give them the required assistance to set up Indian Coffee House centres in their respective cities or towns. Our aim is to promote entrepreneurship as well as increase coffee consumption across Karnataka."

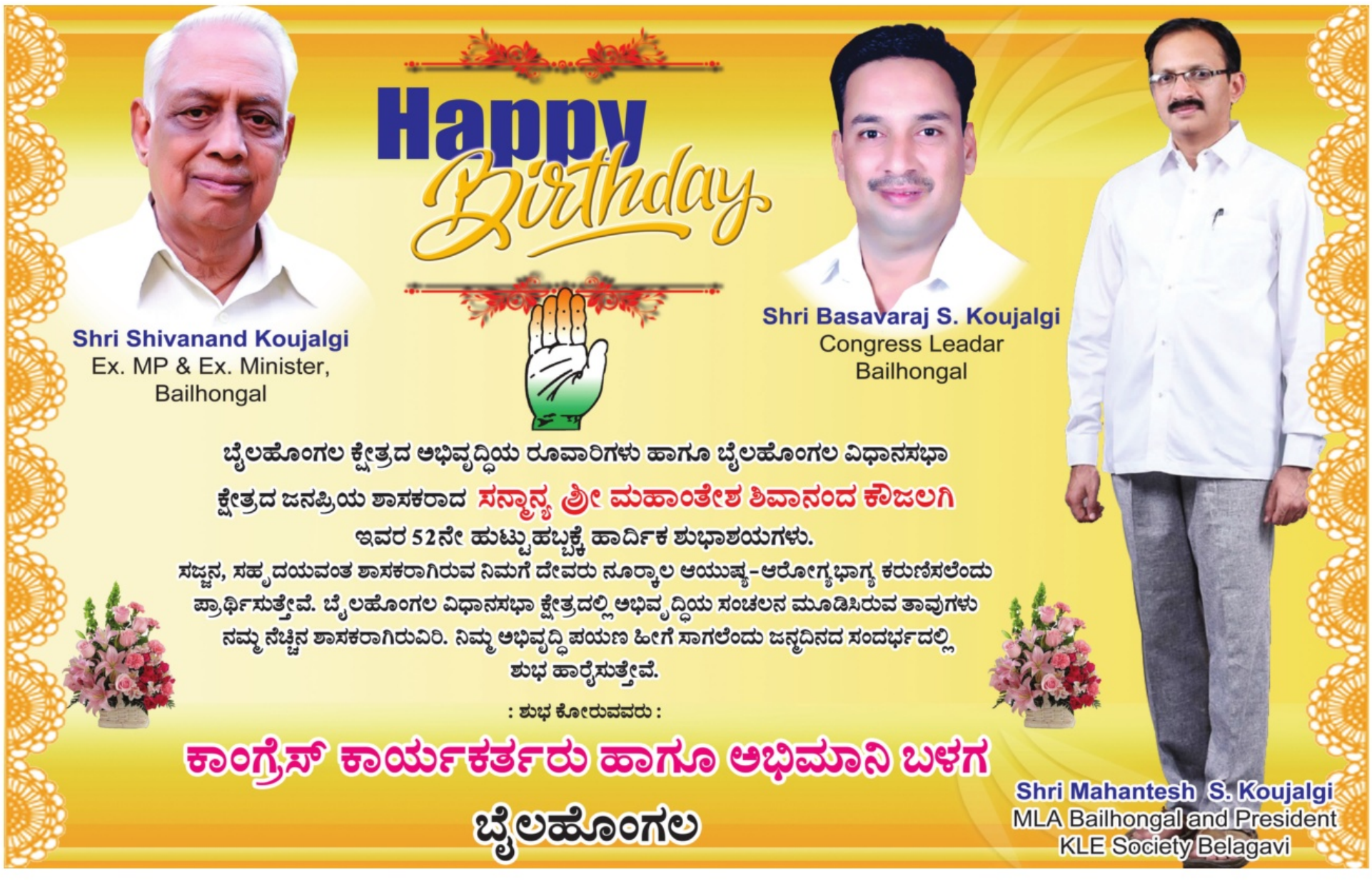
Apart from the cold coffee and special coffee included in the coffee house, the Mitti cafe will provide various other coffee special like vanilla latte, hazelnut mocha, caramel macchiato, cappuccino, espresso, americano, cold coffees and other manual brews, including some bakery items.

> **"This was a favourite with seniors or intellectuals, but now with the revamp, youngsters too will come in** –Coffee House regular

Wilfred, Partner and Creative Head for Mitthi Cafe, said, "We operate 22 cafes where the staff working are persons with disabilities or special needs. We provide experiential training to adults with physical, intellectual and psychiatric disabilities. The staff here will brew the coffee and also serve it to people. Some will be assigned as cashiers."

The coffee house is open for the public from today and will be operational from 9:30 am to 6 pm.

A customer who has been visiting the coffee house for the past 20 years, Raghu, said, "Even after the revamp, the coffee house has the same old feel. The way it has been revamped, will attract a lot of youngsters too. The tables are now comfortable to sit at. One of the best things is that the prices have only increased marginally. This place was a favourite with senior people or intellectuals, but now the youth will be coming in."



All sleeves rolled up for booster jabs

Enquiries related to booster dose increase; test positivity rate around 0.56% in Bengaluru

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Demand for booster shots against covid-19 is picking up in city

The covid explosion in China has its impact in the state in terms of vaccination. In fact, the vaccination numbers in December were 12 times more than November and 14 times more than October. In December, a total of 1,18,44,884 people were vaccinated and the average vaccination per day was 38,62,093.

A health official said, "During the initial months of 2022, there was a great demand for vaccines as Bengaluru was in a grip of Omicron third wave. However, as the wave subsided, the number of vaccinated takers also reduced."

They added, "In fact, many hospitals stopped procuring vaccines due to low or no demand. Once the Chinese cases were being reported, we could get a lot of enquiries for the booster dose. However, the vaccines were not available in many hospitals as they had to procure."

So far, there has been no covid surge in Bengaluru or any other part of the state. The test positivity rate is around 0.56 per-cent in Bengaluru with three people being treated at hospitals (two in general and one in HDU).

> **We get a lot of enquiries for booster dose. But, the vaccines were not available in many hospitals as they had to procure them**
> –Health official

The cases seem to be under control even in the country.

As of now, India's active caseload currently stands at 2,371, active cases stand at 0.01 per-cent, recovery rate currently at 98.8 per-cent and 170 new cases recorded in the last 24 hours. The daily positivity rate in the country is 0.20 per-cent, weekly positivity rate 0.11 per-cent.

Meanwhile, National Health Authority (NHA) has introduced a new system to measure and grade performance of hospitals empanelled under Ayushman Bharat (PMJAY scheme).

"Traditionally, from the payer's perspective, the healthcare model has been focused on the quantity of services delivered, where case-based bundled payment is made on the basis of the number of services provided. The new initiative will introduce the concept of 'value- based care', where payment will be outcome based and providers will be rewarded according to the quality of the treatment delivered," said a union government health official.

Under the new model, the providers will be rewarded for helping the patients improve their health, which consequently will reduce the effects of disease in the population in the long term.

Dr RS Sharma, CEO, NHA, said, "The performance of the hospitals based on the above indicators shall also be made available on a public dashboard that will help the beneficiaries to make an informed decision. In this way, the hospital performance shall not only determine the financial incentive of the hospital but also create a demand for quality treatment of beneficiaries under PMJAY."

Gandhi Bazaar trees at risk

CONTINUED FROM PAGE 1

said Shashi Kumar, a resident of the area.

Residents said they tried to reach out and highlight the issue to BBMP officials and the contractor responsible for the project — their request fell on deaf ears, they told BM.

"We tried to speak to the engineer in charge of the work. However, we were treated harshly; they refused to extend any help and support. The contractor hired by the civic body has been equally rude to us and threatened us after we raised the issue. We called the contractor and asked him to water the trees that are affected. The contractor rebuked us and said we should not meddle in the work," said another resident in the area. Soon after, perplexed and worried, the residents reached out to experts seeking a solution to help the dying trees.

The leaves of a tree near the dug-up road have dried up entirely

"We surveyed all the trees impacted due to the pipe laying work and have identified around 12 trees with their roots damaged. The roots have been cut without permission from the forest cell of the BBMP. Also, some of the trees on the road are now tilted, posing a threat to pedestrians and motorists. We have suggested remedial action to the residents and BBMP to revive these trees. They should be watered regularly and extra nutrients should be provided to increase the chance of survival," said Vijay Nishant, founder, Project Vruksha Foundation.

Members of Basvanagudi Varthakara Mandali and Heritage Basavanagudi Residents Welfare Forum have reached out to the BBMP commissioner to highlight the plight of the trees. According to the BBMP official concerned, corrective measures will be taken to resuscitate the trees that have sustained damage. "The issue has been highlighted by the residents of the area. We will take care of the trees and ensure that they are brought back to a healthy condition. We assure the public that the trees will be watered regularly and will also receive treatment," said Vinayak Sugur, chief engineer (project central), BBMP.

Rail Wheel Plant/Bela
(Distt. - Saran), Bihar 841221

E-Open Tender Notice No:- S/RWP/E/44/2022-23 dated: 05.01.2023 Principal Chief Materials Manager/Rail Wheel Plant, Bela for and on behalf of the **President of India** invites **online "e -Open Tender "**, through Indian Railways E-Procurement Website **www.ireps.gov.in,** for supply of following Stores item at RWP/Bela. The closing time of all tenders is 14:00 hrs. **Sl.No. 1 Tender No.** 02225231 **Short Description of item:** Supply, Erection **Quantity:** 01 Nos. **Date of Tender Closing/ Opening:** 03.02.2023 at 14:00 Hrs. **1.** Website address, on which full tender details can be seen and downloaded from, is **www.ireps.gov.in.** 2. The prospective firms/bidders submitting bid are advised to remain in touch with the above website for updates including **Addendum/ Corrigendum/Cancellation** with respect to the above tender. However, this information will also be invariably published in the all concerned newspapers.

PCMM/RWP/Bela
RWP/CPRO/ADVT./2022-23/104

What's in a street name?

CONTINUED FROM PAGE 1

good condition? The BBMP authorities want to make money by floating the tender," said V Purushotham, a resident of Ashwini Layout.

He said the cost of stickers may not cross more than Rs 50,000. "Let us assume there are around 100 streets in Ejipura ward. If each of the stickers (indicating change of the ward number) is Rs 500, the total amount required is only Rs 50,000," he said.

Expressing a similar opinion, Anil Kumar, a resident of Ejipura, said Rs 30 lakh is too much for providing street name boards where those are needed.

"Except a few streets or cross roads, most of the roads have name boards in Ejipura ward. I think Rs 10 lakh is sufficient for this purpose. I want the BBMP not to waste taxpayers' money," said Kumar.

The BTM division executive engineer floated the tender on December 27, 2022. The last date for submission of the tender forms was January 6; subsequently the bids were to be opened at 4.30 pm on January 7.

According to the residents of Ejipura and surrounding areas, the civic body installed the street name boards much before the BBMP council's term expired.

A nameboard in Ejipura ward

"I am at a loss to understand the logic behind floating this tender. Was there any demand from the residents to install the street name boards? Was there any problem with the existing street name boards? Instead of focusing on filling potholes, the BBMP engineers are fond of installing new street name boards," said Anki Reddy, a resident of Ejipura.

Meanwhile, the BBMP engineer said that there are no street name boards at ST Bed, Venkata Reddy Layout and other areas. "With the change of the ward number from 148 to 185, stickers have to be pasted on all the existing street name boards with the new number (185). We will install name boards on streets that do not have the name boards," the engineer said.

CBSE board exam jitters? Help is here

Saumyangi Yadav
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TWEETS @BangaloreMIRROR

The Central Board of Secondary Education (CBSE) has recently announced that they will start counselling facilities for the students in Classes 10 and 12 ahead of board examinations this year.

"For the first time after covid, CBSE class X and XII annual examinations will be conducted in regular physical mode. To provide psychological support and solutions to the students, the counseling facility which used to start in February earlier will now begin in January this year," the board notified in a press release.

Since the examinations are being conducted after a gap of two years due to the pandemic, the stress level among the students is higher than usual, the schools informed Bangalore Mirror.

"Many students undergo stress, and peer pressure, during the exam season. Now, marks are given more importance and hence many students feel this pressure to score well. This counselling is to boost their confidence," explained Father Sunil Fernandes, St Joseph's Boys' High School.

With the increase in competition and pressure in the last few years, the stress level has increased among students, and so have the cases of student suicides. The school management has been making sure that psychological guidance is being given to the students.

Since the exams are being conducted after two years, the stress is higher among students

"At this age, some students get into substance abuse, screen addiction, etc which might affect their mental health negatively. Tele-counselling will be helpful in these cases," he added further.

The counselling will be provided via a free IVRS facility for students and parents on Board's toll-free number 1800-11-8004. In addition to that, the board will also be providing podcasts and tele-counselling from 09:30 am to 05:30 pm from Monday to Saturday.

This year 84 principals and counsellors who have contributed to the counselling service are providing this facility from India and other countries. Around 73 counsellors are from India and 11 counsellors are from Nepal, Oman, Japan, United Arab Emirates, Kuwait, Qatar, and Singapore.

"The students that are in Class 12 now did not appear for board examinations in Class 10 since they were promoted. Because of that, now they are more anxious about the whole process... Since the students might feel hesitant to talk to the school counsellors as they know them personally, tele-counselling will be helpful for them," said Jasmine KJ, Principal, Orchids The International School, BTM Layout.

Audio-visual content on Youth Experiences, Aggression, Depression, Internet Addiction Disorder, Examination Stress, and other disorders are also available by the board.

Children, no longer lost: School that bridges gaps

At the bridge school, children are given basic training in English, Mathematics, and Kannada

Bridge school launched by group of volunteers is ensuring children of nomads, guest workers do not have to sacrifice their childhood & dreams

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

For years, around 40 children of nomads and guest workers would aimlessly wander in and around Devarachikkanahalli near Electronics City as they did not have the resources to go to school.

Now, a group of volunteers is changing their future one step at a time by launching a bridge school.

Bal Gokula Vidya Prathisthana, a free schooling facility for underprivileged children, was launched by Shri Krishna Mahila Vikas Seva Charitable Trust and Bengaluru Women and Child Welfare Trust recently.

"I used to pass through this area and felt the need to do something for the welfare of these children who were wandering on the streets without going to school. I thought it was the right time to start this facility for these children. I want to extend this facility to other parts of the country provided I get volunteers," said Bengaluru Women and Child Welfare Trust chairperson Shilpa Ganesh.

The specialty of these volunteers is that they have already opened a similar bridge school at Bettadasanapura a few years ago and some of the children have joined formal education at nearby schools.

The project aims to provide basic education (English, Kannada, Maths), to children belonging to those families who have to constantly move from place to place to earn. The volunteers identify such children and provide informal schooling at no cost.

"I hail from Porumamilla in YSR District of Andhra Pradesh. I have been residing here for the last eight years. We were not in a position to send our children to school. We just want to make ends meet so we did not have the resources to send our children to school. I am very happy and glad to send my two children to the school opened by these volunteers," said Yeddula Lakshmaiah, one of the nomads at Devarachikkanahalli.

The volunteers identify such underprivileged children and educate them completely free of cost

Manisha J, president, Bengaluru Women and Child Welfare Trust said that she has identified one more place to open a similar facility. "I am planning to visit Doddathogur on Wednesday to collect the data on the number of children and their requirements," said Manisha.

Shubhankar C, Director Project Operations Bengaluru Women and Child Welfare Trust, Chief Operations Officer SMSC Trust, said the Bal Gokula Vidya Prathisthana was a unique and service-oriented project.

"We aim to restore the glory of knowledge in growing minds who are deprived of it due to various reasons. Through this, I made a request to all my friends in Bengaluru and the government. Let's volunteer to teach these kids and help them grow in this competitive society," he said.

Flight takes off, minus 50+ passengers

A Delhi-bound Go First plane on Monday reportedly left the city airport without taking more than 50 passengers, who were waiting in a shuttle bus for boarding.

Aviation regulator DGCA has sought a report from the airline.

Some passengers alleged on social media that a busload of passengers were not taken onboard the Go First flight from Bengaluru to Delhi. The flight G8 116 departed at 6.40 am on Monday, leaving behind the passengers, they alleged.

Go First declined to comment on the incident. However, in response to one of the tweets, the airline urged the users to share their details and said: "We regret the inconvenience caused". A senior official at th DGCA said, "We have sought a report from the airline and appropriate action shall be taken afterwards."

—PTI

Release of book on Siddaramaiah stayed by sessions court

A sessions court on Monday gave an injunction against the release of a book titled 'Siddu Nijakanasugalu' (Real dreams of Siddu) on senior Congress leader and former Karnataka chief minister Siddaramaiah, hours before its launch.

The court granted the ad-interim injunction restraining state Higher Education Minister C N Ashwath Narayan and others from publishing, releasing, packaging, selling and displaying the book till the next date of hearing. An FIR was filed against the publication of the book. At a gathering on Monday at Town Hall, the party urged that the police stop the publication of the book. Earlier on Monday, he said the book was being released wwith an intention to humiliate him ahead of the Assembly polls in Karnataka.

Siddaramaiah to contest from Kolar

Siddaramaiah on Monday announced that he will be contesting the forthcoming Karnataka Assembly polls from Kolar constituency.

Siddaramaiah had received similar requests from Varuna, Badami, Hebbal, Koppal and Chamrajpet segments among others. —BMB

Balija community cries out for reservation

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TWEETS @BangaloreMIRROR

Thousands of people belonging to the Balija community in Karnataka staged a protest on Monday at the Freedom Park to stress on their long-pending demands. Their main demand is restoration of reservation for them under the 2A category instead of 3A category.

"We have gathered here for our demands. The state government has been delaying the restoration of reservation for us under the 2A category for the last 28 years. Our community leaders from various districts of the state are arriving here," said Karnataka Rajya Balija Sangha and Balija Sanghagala Okkuta president Dr T Venugopal.

He said that the Balija community had reservation under the 2A category for many years but the state government shifted the classification from 2A to 3A in 1994 due to pressure from other communities that have political influence. "More than 15,000 people have gathered here from Chamarajanagar, Coorg, Davangere, Ballari, Harihara and Ranibennur. We will wait here for the Chief Minister to meet our demand. There are over 40 lakh voters of Balija community across the state and we play a decisive role in more than 54 Assembly constituencies," he said.

People from Balija community stage a protest at Freedom Park

He said the agitators expect the Chief Minister to respond to the main demand by Monday night. "We will start our agitation on January 16 if the state government fails to restore the reservation for us under the 2A category. We have appealed to all elected representatives from the Balija community to support our demand," he said.

In the Courts

Can sitting MLA be BDA boss? SC to examine

Apex court agrees to look at plea against appointment of MLA to full-time post at Bangalore Development Authority

The Supreme Court on Monday agreed to examine whether an MLA can occupy the position of the chairman of the Bangalore Development Authority (BDA) which is a "full time post".

The issue came up before a bench of Justices SK Kaul and AS Oka which was hearing a petition challenging the September last year order of the Karnataka High Court disposing of two pleas raising various issues, including the one pertaining to the appointment of S R Vishwanath, a sitting MLA, as the chairman of the BDA.

The high court had ruled that the appointment of the chairman and members of the authority did not suffer from any infirmity. The petitioner had contended before the high court that the BDA chairman, who is a sitting MLA from Yelahanka, cannot be a whole time member of the authority and therefore, is ineligible to hold the post. The high court had noted section 3 of the BDA Act, 1976, which deals with constitution and incorporation of the authority, and section 3(5) of the Act which provides that the chairman, engineer member, finance member and town planner member shall be whole time members and other members shall be part time members.

Before the top court, advocate Prashant Bhushan, appearing for the petitioner, contended a sitting MLA could not have been appointed as the chairman of the BDA as it is a "full time post".

"On hearing counsel for the petitioner, we are inclined to issue a limited notice in respect of the aspect that the post of the chairman of the Bangalore Development Authority is a full time post and therefore whether an MLA can occupy that post. Issue notice limited to the aforesaid aspect, returnable in six weeks," the bench said in its order.

The apex court sought responses from the state of Karnataka, BDA and others on the plea filed by a Bengaluru-based advocate and posted the matter for further hearing after six weeks.

The BDA Act, 1976 deals with constitution of the authority

In one of the petitions filed before the high court, a grievance was raised that no method of appointment has been prescribed for appointment to the posts of engineer, finance and town planner members of the authority.

"We are not at the government's dictation like that. I don't agree. What will people think? We are not at your beck and call. How many times have you taken adjournments? See the order sheet," the court said. The court said it would give only one week and ordered a listing of the case on January 18.

Twitter case: HC frowns at repeated adjournments

The High Court of Karnataka on Monday expressed its displeasure at the Union Government seeking repeated adjournments in the petition filed by microblogging site Twitter against take-down orders issued by the Ministry of Electronics and Information Technology (MeitY).

Twitter's case challenging blocking of accounts, posts and URLs without giving notice to account holders came up before Justice Krishna S Dixit.

The Central Government counsel sought adjournment of the hearing either to January 27 or February 3. The court said that repeated adjournments were being sought on such an important matter.

Land to NICE held valid

A land parcel handed over to the Nandi Infrastructure Corridor Enterprise (NICE) has been held valid by the Karnataka High Court as the division bench dismissed a petition filed by the owners over the acquisition back in 2010.

The original land owners contended that their land was 2 km away from the project for which it was acquired and though it was recommended for denotification by the PWD, it has been handed over to the beneficiary.

The Karnataka Industrial Area Development Board (KIADB) had acquired the land for construction of interchange, ramp and service roads to the peripheral road built by NICE, an infrastructure company. A single-judge bench had dismissed the challenge to the acquisition in 2010 which was challenged by the land owners, Sujatha Vijay and HV Vijayaraghavan. **PTI**

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CHANGE OF NAME

I, ROSHEEN MULLA, Residing at No. 251, 9th Main, Happy Valley Banashankari 5th Stage Bangalore-560061, have changed my name from ROSHEEN MULLA to ROSHINI ABHISHEK, vide affidavit dated 14/Dec /2022 sworn before notary M.K. DEVAKI, Bangalore.

I Valayil Sankaran Lakshmanan S/O, Valayil Shankaran R/o No 376 377, 5th Cross, Behind Prestige Building,Prakruthi Layout Anchepalya, Bengaluru,Karnataka,560073. have changed my name to Lakshman Valayil Shankaran for all purposes

I Shiva Karthik Athamkuru Nagabhushanam S/O, Nagabhushanam Atmakuru R/o #26, 1st A Cross Near Binny Mill Road Ganganagar Extension Bengaluru 560032 have changed my name to Shiva Karthik Atmakuru Nagabhushanam

I, Nitin Kumar R/o Flat No 907 Block A Wing 2 Gk Tropical Springs Apartments Channasandra Main Road Bangalore 560067 have changed my minor daughter's name from Tanishka to Tanishka Sinha for all purposes.

I, Vishwanath Nishit Rudraji Gaitonde, S/o Rudraji V Gaitonde, R/o 133, Peninsula Parkville, Sarjapura Hobli, Bangalore 562125 have changed my name to Nishit R Gaitonde for all purposes

I Shaik Waheed Dawood Khan S/o Dawood Khan R/o No-30, 3rd Cross, Vinayakangar Nagar, Old Guddadahalli Bangalore 26 have changed my name to Shaik Waheed Dawood for all purposes

I Sumanth Palaxa S/o Palaksha C V R/o H No 3/7/1,Near A V School ,Mahadevpet, Madikeri Town, Kodagu 571201 Have Changed My Name to Sumanth Palaksha for all purposes.

Creating burgers & foodpreneurs

Bengaluru-based burger chain Biggies Burger is the talk of the town as many of its consumers who have long been enjoying its exotic burgers are now transitioning into franchise owners.

"You don't need to have a background of running a food business to succeed as a foodpreneur," said Biraja Rout, founder of Biggies Burger. Rout quit his job as a techie to start India's first homegrown grilled burger chain. "There are innumerable aspiring foodpreneurs working at various jobs suppressing their aspirations. We want to help earn while they explore the career they always dreamed of," he added.

"Biggies Burger has become a go to destination for several such aspiring foodpreneurs as they are assured of a full-fledged support in establishing and running their burger store," he added. Through its franchising network, the chain has been the flag bearer of 70-plus such journeys. The youngest franchise entrepreneur is just 22 and the oldest is a third-generation businessman at 63 years old.

HEALTH TIP: High salt intakes are linked to high blood pressure. It's the sodium part of salt (sodium chloride) that's the culprit

Full of feelgood nutrients, pulses are superfoods. They are rich in B vitamins, which are key mood-boosting nutrients

BangaloreMirror 9
Tuesday, January 10, 2023
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SWAP RIGHT

Nutritionist explains why making simple switches is easiest way to hit your wellbeing goals

Eating better and losing weight are usually top of the list when it comes to new year resolutions. But while January is often the time people embark on complicated and restrictive diets in the hope of shedding a few pounds, these can prove hard to stick to.

In fact, research has shown that 90 per cent of people give up their new plan after just 12 days.

Nutritionist Amanda Hamilton believes there is an easier way to reboot your approach to food and health. With two decades of experience under her belt, there's little she doesn't know about healthy eating - but she says the key to establishing new habits is to take small, manageable steps. "I call them smart swaps - everyday switches that are easy to fit into your life, yet will add up over time to improve the bigger picture of your health." Here, she shares a few simple swaps that will help you lose weight and feel great.

SWAP: Heavy evening meal for... protein-rich breakfast

Protein leverage is set to be a huge buzzword for 2023, and it's really quite simple. It means front-loading your day with protein-rich foods that will help to quell hunger pangs later in the day.

Protein should make up around 15% of our total food intake per day, and often we tend to eat most of it with our evening meal.

Try switching your protein focus to the morning, having eggs or full fat yoghurt. Incidentally, full fat dairy is linked to lower levels of obesity than low fat alternatives. Calcium intake, too, is important for women, especially in perimenopause and menopause. So fill up on Greek yoghurt with a sprinkling of granola on top for breakfast.

SWAP: Calorie counting for... focus on fibre

Fibre isn't a sexy subject, but getting enough of it is crucial to healthy bowel movements - meaning less bloating, more energy and clearer skin.

At the moment, most adults consume around half of the daily 30g recommended intake. So try switching your mindset from counting calories to counting the amount of fibre you eat.

Have that goal of 30g in the back of your mind as you choose your meals. You'll find that in order to reach it, you'll need lots of plant-based food - leafy greens in particular - which will provide a vitamin boost too.

SWAP: Complex ingredient lists for... simplicity

Food that's as close to its natural state as possible tends to be the healthiest as it will be less processed and free from additives. So choose foods in their natural forms, that haven't been prepared - plain rice instead of flavoured, for example. You want your ingredients to look like ingredients, rather than something out of a factory.

SWAP: Salads for... slaws

Lettuce, especially iceberg, doesn't have much nutritional value. So supercharge your lunch by switching to a slaw. Slaws are typically based on raw cabbage, meaning they are high in fibre. Finely shredded cabbage, carrot and other vegetables take up a lot of room on a plate and are filling, but ensure your dinner is packed full of nutrients. Use apple cider vinegar or miso as part of your dressing for a gut-friendly lunch.

SWAP: Carb loading for... eating for your age

You should always eat according to your age and stage. If you're postmenopausal, you will have a higher increase in blood sugar after consuming a carbohydrate-rich meal than you would have done before menopause.

In other words, the same meal when you're 50 has a different effect on blood sugar, and therefore insulin levels, than it would at 40.

When you have high insulin levels, you cannot burn fat. This can therefore lead to weight gain. The solution is to reduce your carb intake, sticking to no more than 200-300g a day.

SWAP: Grown underground for... grown overground

This is a simple but effective way to ensure what you eat is low calorie and packed full of nutrients. When you choose vegetables that are grown above ground, such as kale, broccoli, cauliflower and peppers, you reduce the starch content of your food. Potatoes and parsnips, grown underground, are high in starch, which translates to sugar when eaten. When it comes to above ground, you can eat as much as you want. Go supersize with your portions. This will do a huge amount in terms of your fibre, nutrient and water content.

SWAP: Raw tomatoes for... cooked tomatoes

Make your food work harder for you by being aware of how best to prepare it. When making stews and pasta, try making a tomato-based sauce, as cooking tomatoes unlocks all of their goodness. You get more lycopene - the health-boosting antioxidant - when a tomato is heated.

If making a salad, roast the tomatoes first. They taste so much better too.

SWAP: Diet dressings for... olive oil

Don't ditch that classic olive oil drizzle on your salads, even though so-called diet and low-fat dressings can be tempting. It's beneficial to use a little oil on salads and roast veggies. When you eat them, the oil means you'll be able to absorb the fat-soluble vitamins in them that you wouldn't otherwise.

SWAP: No snacks in the house for... nuts on the sideboard

When trying to be healthier, people often throw out every snack in sight in the house. But having nothing at hand when you're hungry will make you more likely to nip to the corner shop to buy a treat. Make healthy habits easier by having something in the house to snack on at all times, such as nuts, veggies or fruit. Put your snack of choice out on the countertop - somewhere visible so it's a no-brainer what to reach for when you're peckish.

If you make your snack raw nuts, you'll be adding micronutrients like zinc and selenium to your diet, which both support the immune system.

SWAP: Deprivation for... enjoying your favourites

You don't need to cut out all your favourite drinks or snacks. It's important to still enjoy them. Think to yourself, what's the one thing you really don't want to give up? It could even be wine or chocolate.

From the get-go, keep having it, but plan it.

An all-or-nothing deprivation mindset doesn't help, because when you have that inevitable slip from your super strict diet, you tend to think it's all over and give up.

On the other hand, if you have a glass of wine or two, having planned for it, you won't feel like something has been taken away from you.

> "Try these smart swaps - everyday switches that are easy to fit into your life, yet will add up over time to improve the bigger picture of your health

SWAP: Milky latte for... slimline espresso

It's time to reclassify milk as a food. Milk is a food that contains proteins, fats and carbohydrates - it's just an easy one to drink. And if someone drinks lots of big lattes, that is a lot of hidden calories.

If you're trying to cut down your overall intake, check the volume of milk you're having. Ditching your morning latte can be one of the easiest ways to immediately save 200 calories a day. Try a macchiato, instead, which is an espresso with just a dash of milk foam in it.

—Daily Mirror

All you need to know about...

Goitre

What is it?
A goitre is a sign all is not well with your thyroid gland. The thyroid is a small butterfly-shaped gland in the neck and a goitre typically looks like a lump in the front of the windpipe.

Why are the symptoms?
In most cases the swelling is small and doesn't cause any symptoms.
In more severe cases the symptoms may include coughing, a tight feeling in your throat, changes to your voice, experience of difficulty swallowing and difficulty breathing.

What causes it?
The thyroid gland will swell up for many reasons:
being overactive or underactive; hormone changes during puberty, pregnancy or the menopause; not enough iodine in your diet; taking some types of medication; having radiation treatment to your neck or chest area; nodules or cysts within the thyroid, and thyroid cancer.

Types of goitre
Diffuse goitre, where the entire thyroid gland swells and feels smooth, or nodular goitre, where solid or fluid-filled lumps called nodules develop within the thyroid making it feel lumpy.

Diagnosis
After examining your neck to see whether your thyroid gland is swollen your GP will do blood tests to measure the level of thyroid hormones to see if you have an underactive or overactive thyroid.
You'll be referred to a specialist for further tests and treatment.

What's the treatment?
This depends on the underlying cause.
If the goitre is small and isn't causing any problems a wait-and-see approach is usually followed.
Overactive thyroid treatments include radioiodine treatment and thyroid surgery. For an underactive thyroid gland you'll need thyroid hormone for life.

—Dr Miriam Stoppard, Daily Mirror

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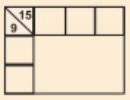
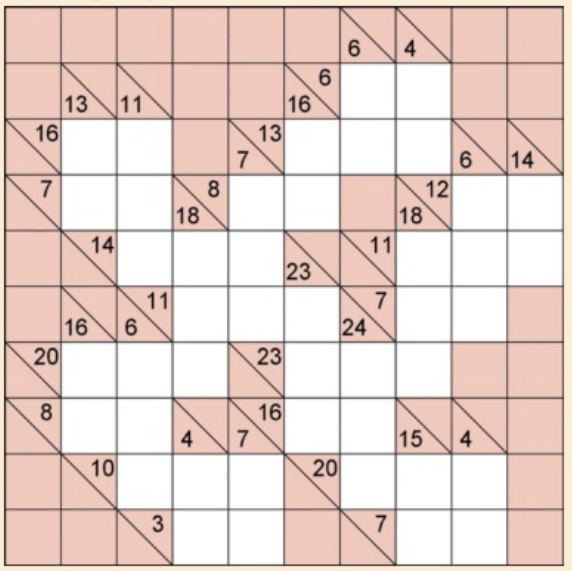
Kakuro



The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



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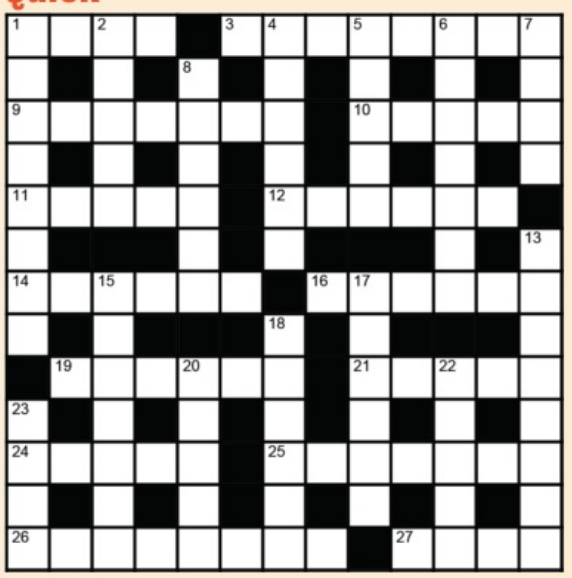


ACROSS

1 Speak a certain way (4)
3 Strokes or fondles (8)
9 Jumper or pullover (7)
10 Big – like an elephant? (5)
11 One of the Marx Brothers (5)
12 Lobbies (6)
14 Dive (6)
16 Lively (6)
19 Occurrences (6)
21 Inappropriate (5)
24 Japanese dish (5)
25 Kingdoms or realms (7)
26 Descriptive phrases (8)
27 Song of praise (4)

DOWN

1 When this is gone, one gives up! (4,4)
2 Diaphanous (5)
4 Amiss or unfastened? (6)
5 Take pleasure or delight in (5)
6 Japanese warrior (7)
7 Demonstrate (4)
8 Powerful (6)
13 Throw overboard (8)
15 Bangalore cinema home to India's first 4k screen (7)
17 Tender and brittle (6)
18 Climbing move (6)
20 Horse's whinny (5)
22 Lay out (5)
23 Being in Latin (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS T

FZY MYAK LQC RLFZ RZLSZ ZLUFEAK LU RALFFYQ LU BYAYOK JOHLV DAYPHVLSY.

Linemaro

If I wasn't so obsessed about myself, I'd be thinking about you 24/7

Mindchow

If at first you don't succeed, try, try again. Then quit. No use being a damn fool about it

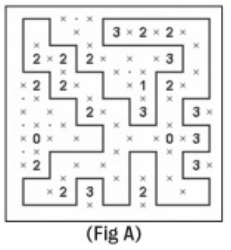
Joke of the day

A liberal is just a conservative that hasn't been mugged yet

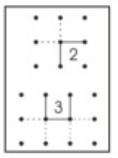
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



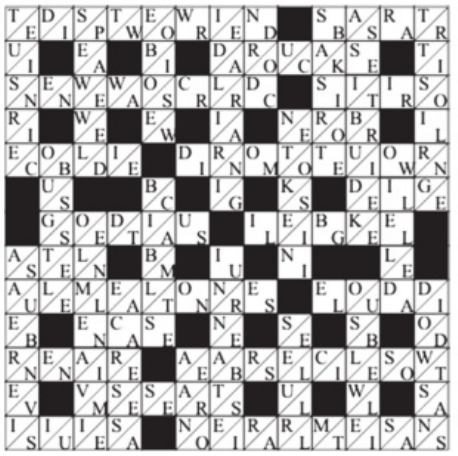
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

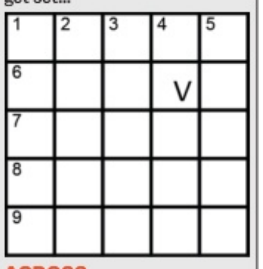
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

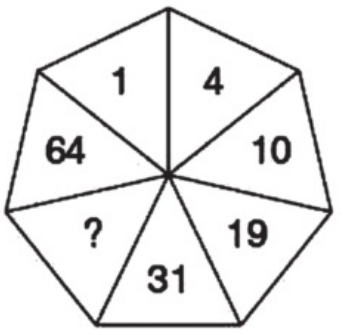
1 All do; 6 V Lara; 7 O ring; 8 Genoa; 9 Slope

DOWN

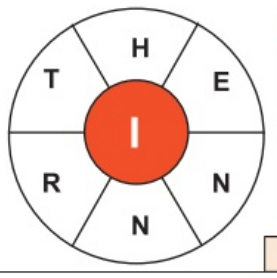
1 A gall; 2 Goral; 3 Do Pro; 4 Envoi; 5 Leans

Mensapuzzle

What number should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

SudokuChallenge

3			8					
	8		6		1			
	6			3		9		1
7	2	3						5
		5				1		
9						2	4	6
8		2		4			1	
			2		9		6	
					3			8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 11

5 5 8 9

Medium = 18

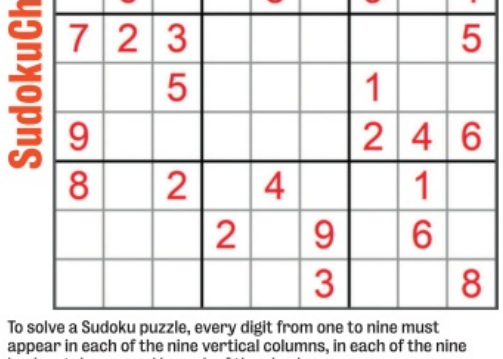
2 3 3 6

Hard = 49

7 8 9 7

Hocusfocus

Find at least six differences in details between panels.



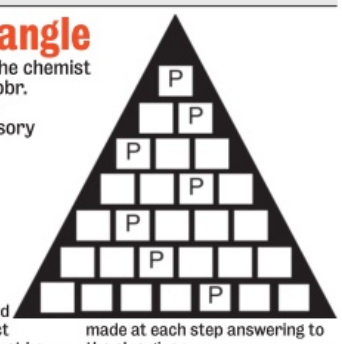
Differences: 1. Chair is missing. 2. Stove burner is missing. 3. Fingers are not showing on edge of table. 4. Knife is moved. 5. Apron is smaller. 6. Curtain is wider.

Riddler

Three 5-letter words, Anagrams of each other. One is a cloth, The second a spot, The third is at home with the Father. What are the three words?

Alpha triangle

1 Phosphorus for the chemist
2 Extended play, abbr.
3 Seed of a legume
4 Superman accessory
5 Elbow room
6 Salad garnishes
7 Run hastily



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

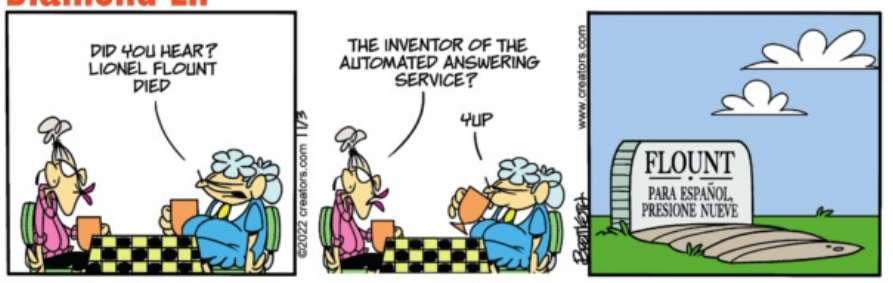
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

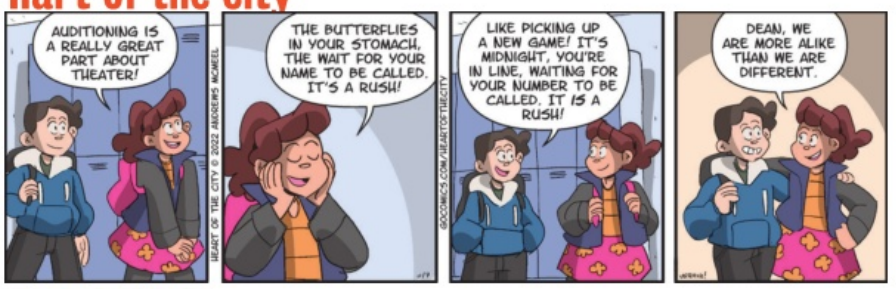
Redeye by Mel Casson

Bizarrotrip

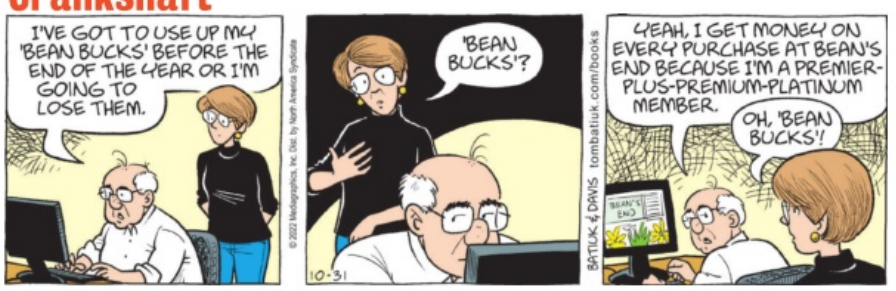
Diamond Lil



Hart of the city


AUDITIONING IS A REALLY GREAT PART ABOUT THEATER!
THE BUTTERFLIES IN YOUR STOMACH, THE WAIT FOR YOUR NAME TO BE CALLED. IT'S A RUSH!
LIKE PICKING UP A NEW GAME! IT'S MIDNIGHT, YOU'RE IN LINE, WAITING FOR YOUR NUMBER TO BE CALLED. IT IS A RUSH!
DEAN, WE ARE MORE ALIKE THAN WE ARE DIFFERENT.

Crankshaft


I'VE GOT TO USE UP MY 'BEAN BUCKS' BEFORE THE END OF THE YEAR OR I'M GOING TO LOSE THEM.
'BEAN BUCKS'?
YEAH, I GET MONEY ON EVERY PURCHASE AT BEAN'S END BECAUSE I'M A PREMIER-PLUS-PREMIUM-PLATINUM MEMBER.
OH, 'BEAN BUCKS'!
10-31

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be escaped from reality, you may not be able to take your responsibilities. Your investments may give you some loss. You are advised to read documents carefully before putting your signature. Elders' health may make you upset. You may plan to reconstruct your house, it is advised to postpone renovation for a while.

Taurus Apr 21 – May 20
Today you may help needy people, it may increase your social respect. You may also put your hundred percent effort into your work, it may be completed before time. You may hear some good news from your sibling. Too much work may make you tired, you are advised to avoid stress today, otherwise stress can affect both your professional and personal life.

Gemini May 21 – Jun 21
Today you may be busy with social and family events; you may become polite with the people around you, which may increase your image among your relatives and friends. You will spend money on buying some artefacts or other stuff, which will improve your social status. You may hear some good news from one of your close relatives.

Cancer Jun 22 – July 23
Today disputes with the siblings may be settled down, it may boost your relationship with the siblings. Your vitality seems to be good, it may help you to complete difficult projects easily. You may expand your network after a short work related trip. You may also help some needy person, it may increase your social status.

Leo Jul 24 – Aug 23
Today some dissatisfaction may come into your mind, you may feel lazy and dull, it will affect your current speed of the project or work in terms of delay. Love birds are advised to avoid any important decision in terms of marriage. Job seekers may get disappointments in terms of interviews. You will waste your precious time on worthless tasks.

Virgo Aug 24 – Sep 23
Today you may feel dull, your focus may be lost towards your targets; you may hypothetically take some decision, which may be seen beyond reality. Your expectation may be very high and because of impatience you are not able to fulfill your expectation, you may be upset. You are advised to be careful in adventure tours and rash driving.

Libra Sep 24 – Oct 22
Today you may likely control your internal weakness after analysing yourself, you may be confident. You may fight against flesh and addictions of any stuff. Singles are likely to find their good match. Love birds are now having clarity in their relationship. You may expect some opportunities for overseas travel. Students will hear good news in terms of academics.

Scorpio Oct 23 – Nov 22
Today you may feel better, situations may be under control. Your network may help you in the work front. You may plan for overseas travel. This is a good time to increase domestic harmony and love life. With the help of creativity, you may bring some artefacts or creative stuff for the family. You may also plan to watch movies or go for outings with friends or family.

Sagittarius Nov 23 – Dec 22
Today you may get tired due to overworking. It may make you lazy and careless, you are advised to keep patience. If you are planning an adventure tour, you are advised to postpone it for a while. Your past investments may convert into dead stock. Students are advised to work hard. You may have back ache, nervous system, lever or skin related issues.

Capricorn Dec 23 – Jan 20
Today your creativity may be high, you may plan to renovate the house. You may buy some stuff to renovate your house or office, which may increase social status. There is likely to be some harmony with the spouse. It creates harmony in domestic life. Disputes with friends, co-workers and partners may be settled down.

Aquarius Jan 21 – Feb 19
Today your creativity may be high, you may attend some creative event. Your money which was stuck, may be recovered now. Jobseekers are advised to update their knowledge with the latest one. Students are advised to input some more effort in their academics.

Pisces Feb 20 – Mar 20
Today you may be busy in kid's academics; you may plan for their higher studies also. Couples may hear good news in terms of kids. You may think to update yourself and make some plan for higher studies to get a promotion in the current job. Singles may find their soulmate.

KIDZONE

Darini A, 7 years, Cathedral High School

V Nikhil Raghav, 6 years, S Cadambi Vidya Kendra

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
Line 1 : 3 x 2 + 9 = 15
Line 2 : 7 x 4 + 6 = 34
Line 3 : 6 x 9 + 8 = 62

BULL'S EYE
heir, hint, hire, tire, inert, inner, intern, nine, ninth, rein, rite, their, thin, THINNER, tier, tine,

QUOTE UNCODE
The very ink with which history is writtten is merely fluid prejudice.

FAST FIVE

A	L	D	O	L
L	A	R	V	A
G	R	O	I	N
A	G	O	N	E
L	O	P	E	S

STRIKE OUT

S	U	E	S		N	E	A	R	M	I	S	I	S	
E		V	E	E	R	S		U		L				A
R	E	A	R		E	A	R	L	I	E	S	T		
B		E	C		E		S		B		O			
A	L	L	A	L	O	N	E		L	O	D	I		
S	E	N		B		U		N			E			
S	O	D	A	S		L	I	B	E	L				
	U		C		G		S		D	I	G			
C	O	D	E		I	N	M	O	T	I	O	N		
I		E		E		I		E	R	R		I		
N	E	W	W	O	R	L	D		I	T	I	S		
U		A		B		D	O	C	K	S		I		
T	I	P	T	O	W	I	N		S	A	A	R		

SUDOKU

3	5	1	8	9	2	6	7	4
4	8	9	6	7	1	3	5	2
2	6	7	4	3	5	9	8	1
7	2	3	1	6	4	8	9	5
6	4	5	9	2	8	1	3	7
9	1	8	3	5	7	2	4	6
8	3	2	5	4	6	7	1	9
1	7	4	2	8	9	5	6	3
5	9	6	7	1	3	4	2	8

ALPHA TRIANGLE
p, ep, pea, Gape, Space, Capers, Scamper.

GO FIGURE
Easy
5 + 5 – 8 + 9 = 11
Medium
3 – 2 × 3 × 6 = 18
Hard
9 – 8 × 7 × 7 = 49

LOOP

KAKURO

RIDDLER
Satin – a silky fabric, Stain – a discoloration or spot, Saint – a spirit in Heaven

MENSA PUZZLE
46: start at 1 and work clockwise adding 3, 6, 9, 12, 15, 18

QUICK

L	I	S	P		C	A	R	E	S	S	E	S		
A		H		S		D		N		A		H		
S	W	E	A	T	E	R		J	U	M	B	O		
T		E		R		I		O		U		W		
H	A	R	P	O		F	O	Y	E	R	S			
E		V	E	N	T	S		I	N	A	P	T		
S	U	S	H	I		E	M	P	I	R	E	S		
E		A		E		C		S		R		I		
P	L	U	N	G	E		A	C	T	I	V	E		
O		N		T				A		J				
M	A	R	B	L	E		R	A		E		T		
E		S		U		D		N		E				
S	H	A	M	E		E	R	R		R				
	E		A		R		E		S					

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Action hurts Actress Nushrratt Bharuccha, who is busy with the shoot of the sequel to horror flick 'Chhorri', got injured while performing an action sequence in the film and had to get stitches

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Live by your truth

What Vishal Bhardwaj has taught Radhika Madan

Importance of chasing honesty in her performances is something actor Radhika Madan says she has learnt from director Vishal Bhardwaj, who launched her in Bollywood with his 2018 drama "Pataakha".

As a ritual, the actor seeks the director's blessings before starting work on a new film. The same happened with her next movie "Kuttey", which marks the directorial debut of the critically-acclaimed filmmaker's son, Aasmaan Bhardwaj.

"Vishal ji is like family to me. I have known Aasmaan since 'Pataakha', he was assisting Vishal ji. He was finishing his studies then and was writing a script at that point, but I didn't know it was 'Kuttey'. It had no name at that point," Madan told PTI in an interview here.

The Delhi-born actor, whose film credits also include "Mard Ko Dard Nahi Hota" and "Angrezi Medium", said she still remembers the lessons she drew from her time spent on "Pataakha" sets.

"The one thing he has taught me is to live by my truth and not get lured by the delusion and superficiality of the industry. Always chase the truth and be honest. He doesn't tell me what to do and what not to do. He wants me to make my own career fall, rise and learn from my mistakes," she added.

Bhardwaj, who has produced and co-written "Kuttey" with his son, had approached Madan for the upcoming movie. While it was a no-brainer for her, the filmmaker insisted that she read the script before committing to the project.

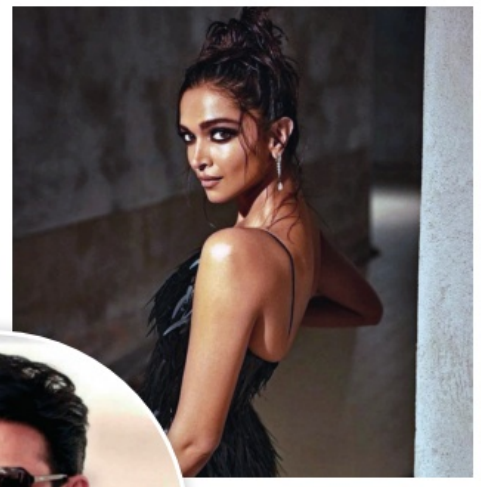
"When Vishal ji called me, I was like, 'I am doing it'. But he said I must read the script. I read it and called him after two hours and said, 'I will do it', as it was an amazing script. The cast was a cherry on the cake. It is a once in a lifetime opportunity," she said.

Having worked with both Vishal Bhardwaj and Aasmaan Bhardwaj, Madan said the father comes with an abundance of experience, whereas the son is stricter and ambitious.

"The roots are the same and that's why you see an element of Vishal ji's world in Aasmaan's film. It is beautiful to see them work, they are different yet same," she added. **PTI**

> **The one thing he has taught me is to live by my truth and not get lured by the delusion and superficiality of the industry. Always chase the truth**
> –Radhika Madan

Curiouser and curiouser



The makers of 'Project K' have been steadily raising the intrigue by releasing a series of enigmatic posters, one after the other.

Recently, on the occasion of Deepika Padukone's birthday, the makers unveiled her first look from the film that instantly broke the internet. The tantalising poster offered a glimpse of Deepika silhouetted by the setting sun, with the tagline: 'A Hope In the Dark'.

Earlier, the makers unveiled pithy posters of Prabhas' and Amitabh Bachchan's characters. Each poster told its own story without giving away tell-all details about the Nag Ashwin directorial.

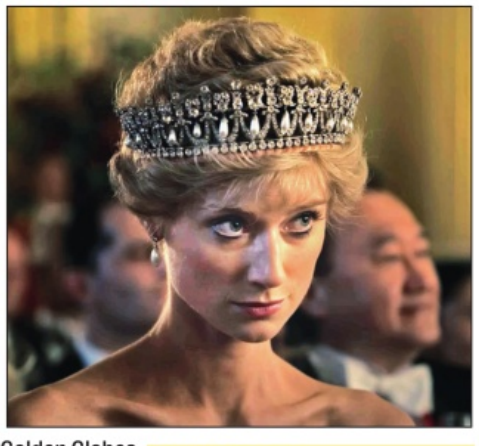
Prabhas' poster, for instance, showed just a futuristic hand with the words: "Heroes are not born, They Rise..." The motif of the victorious fist was also present in Big B's poster, which read, "Legends Are Immortal".

The minimalist approach chosen by the makers is quite unique and interesting. Unlike other big-ticket pan-Indian films, where first looks and trailers are revealed full-scale, this hide-and-seek with the viewers' expectations has kept them invested.

Fans have followed the breadcrumbs to string together fascinating theories about Project K's setting and plot. All of which, of course, has only intensified the aura surrounding the upcoming film, a unit member said.

Project K is Nag Ashwin's sci-fi film starring Prabhas, Deepika Padukone, Amitabh Bachchan and Disha Patani. **IANS**

Prize catch



Golden Globes 2023: Zendaya, Brendan Fraser, Rahul Sipligunj -- meet all first-time nominees

Watch this story come alive by pointing your phone camera at the QR code

The sabbatical helped!

Actor Genelia Deshmukh says her decade-long break from showbiz helped her breathe life into the character of Shravani from her latest film release "Ved", which marks the directorial debut of her husband-actor Riteish Deshmukh. While she appeared in cameos through the years in Hindi films such as "Jai Ho" and "Force 2", Marathi movie "Ved" is her full-fledged role since the 2012 Telugu title "Naa Ishtam".

The 35-year-old actor said the unplanned hiatus added layers to Shravani, an Indian Railways employee who is in love with her childhood crush and now her alcoholic husband Satya (Riteish). Satya, on the other hand, is pining for his former girlfriend Nisha (Jiya Shankar).

"The 10-year break gave me a chance to do other things in life, be a homemaker, to have children with my husband. Today, I feel nothing was designed or planned. But when I look at it, it's also a homemaker's character, and I think it helped...

"As an actor, I take things from life, be it mine or someone else's. If I wasn't a homemaker or wife, I would never have been able to play Shravani's character," Genelia said. Had it not been for Riteish, she said she would have taken more time to resume work in films. **PTI**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Grand release

The team of Hostel Hudugaru Bekagidhaare is elated about the encouragement they have received from four well-established heroes of Sandalwood. Rishab Shetty, Daali Dhananjay, Dhruva Sarja, and Rakshith Shetty came forward to release a song from the film last Thursday.

The song – waak thaka raka thaga waak thaka- was shot at a college hostel premises recently. Music director Ajneesh Lokanath and others have sung this song that highlights the plight of hostel students. "We are grateful to Rishab, Rakshith, Dhruva Sarja and Daali Dhananjaya for releasing the song video. It has become popular among music lovers. The other added value of this movie is a cameo by Rishab Shetty and director-cum-actor Pawan Kumar," said Varun, producer of this movie. The film has been appreciated earlier by Puneeth Rajkumar, Sudeep, Ramya and Rakshith.

Rakshith applauded director Nithin Krishnamurthy for the script and so he is presenting this movie through Paramvah Pictures. The movie is set for release in two or three months. Around 100 newcomers are making their debut in Sandalwood with this movie.

Hard work pays

Srushti Patil, daughter of actor-cum-politician BC Patil, has successfully worked as an executive producer for Kannada movie Garadi. The movie's shooting was completed on Saturday with a few scenes being shot at GV Iyer Studio at Ramohalli near Bengaluru.

"I did MBA and happened to assist my mother for the movie Happy New Year that was released in 2017. I am executive producer for Garadi which focuses on traditional games. It is not easy to work as an executive producer. It needs a lot of planning and hard work," said Srushti.

She said the plan was to complete the shooting of this film in 45 days but it took around 60 days to finish it. "Though the delay in completion has escalated production cost, the output of the movie is encouraging. I am confident of its success at the box office because it has veteran director Yogaraj Bhat and music by Hari Krishna," she said. The movie's title was launched by Challenging Star Darshan in November 2021. The movie's shooting was held at Badami, Pattadakal, Haihole and other locations. "My father plays a fitness pailwan who maintains a traditional gymnasium," she said.